

# **Post-Operative Instructions for Adrenal surgery**

Questions: call the office on 9347 8786

After hours emergency: A/Professor Miller's mobile - emergency only please

Below are general instructions for patients who have had Adrenal surgery. Since individual circumstances may vary, it is important that you discuss your individual post operative care with us.

## **Monitoring Your Progress**

You should feel improvement every day after surgery. If you have any questions regarding your progress, call my office. You should make a follow up appointment approximately 1-2 weeks after your surgery.

## **Incision**

Your incision is covered with a waterproof protective dressing. You can shower as usual, but do not soak or scrub the dressing. After showering, pat dry. Your dressing will be removed at your first post-operative visit. If you experience itching once the dressing is off, you may apply lotion to the scar. You might notice bruising around your incision. In addition, the scar may become pink and hard. This hardening is temporary and will last some weeks. You may also notice some numbness around the incision. This will gradually improve over time.

## **Pain**

The main complaint following minimally invasive Adrenal surgery is minor wound discomfort. Some people experience a dull ache, while others feel a sharp pain. This should not keep you from light activity. Nurofen and/ or Panadol is generally enough to control this pain. In general, stronger medications are not necessary for long.

## **CONTACT MY OFFICE for any of the following symptoms:**

- Persistent fever >38.5 or chills
- Persistent nausea or vomiting, unable to keep liquids down
- Increasing pain or redness around incision
- Persistent cough, shortness of breath, or difficulty breathing
- Fainting or increased abdominal swelling

## **AN IMPORTANT WORD ABOUT THE COSTS OF TREATMENT**

Insurance rebates have not kept pace with the cost of running a medical practice. As a consequence, there will be a gap to pay for the surgical fee and for the anaesthetist. Your insurance company might also charge you an excess for a hospital admission. We will advise you

about expected out-of pocket costs not covered by insurance. If these costs represent an undue hardship for you, please discuss them with us.

## **ASK YOUR DOCTOR**

We are here to help you. If you have any questions, please ask. It is often helpful to bring a family member with you to a consultation, or to write questions down so you won't forget them.